

## Physical Activity Weekly Breakdown

**\*\*IMPORTANT INFORMATION\*\***: This plan is a general guideline and a great starting place for lifters of any level, even if you have no experience! I hope this provides real value for anyone reading this.

If you like how this plan looks, and want one designed specifically catered to you, email me at **SamCfitness01@gmail.com**. Working together would allow me to be there every step of the way, making adjustments, ensuring nutrition is in alignment with goals, and dialing in every aspect of fitness so you can see real lasting improvements.

Notes:

- When lifting, most if not all the exercises should include 1-3 warm up sets! Don't jump right into heavy working weight.
- RIR (reps in reserve): this refers to how many additional reps could have been completed after the number listed.
- The daily step goal for each day of the week should be 7,000-10,000 steps. If you are new to incorporating steps into your day, start with 7,000 and work your way up!
- For “physical activity” the sky is the limit. There is no wrong choice as long as it's active, going for a bikeride, playing pickleball, playing in the yard with kids, all of these are great examples. A great tip to make this block feel more like "fun" rather than "work" is to do it with others. Getting friends and family involved makes it more enjoyable and increases the likelihood you will do it
- In regards to general physical activity, ie non gym workouts, this is a good baseline and starting point. Don't shy away from adding more as you continue.

**\*\*SEE PAGE BELOW FOR PRINTABLE DAILY CHECKLISTS\*\***

*Weekly Training Program:*

[illegible]



## Weekly Checklist

### Monday

- ☐ Morning walk: 5–10 mins
- ☐ Lift
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Tuesday

- ☐ Morning walk: 5–10 mins
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Wednesday

- ☐ Morning walk: 5–10 mins
- ☐ Lift
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Thursday

- ☐ Morning walk: 5–10 mins
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Friday

- ☐ Morning walk: 5–10 mins
- ☐ Lift
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Saturday

- ☐ Morning walk: 5–10 mins
- ☐ 30–60 mins physical activity
- ☐ Evening walk: 10–15 mins
- ☐ Daily step goal

### Sunday

- ☐ Morning walk: 5–10 mins
- ☐ 100 calf + tibialis raises
- ☐ Evening walk: 15-30 mins
- ☐ Daily step goal